

Turnford Brook Wellbeing Walk

Active Herts

Your first step to a more active lifestyle

Looking to get out the house and stretch those legs? If the answer is yes, then why not join Maria and Leah on this lovely 45 minute walk around the River Lee Country Park.

Every Friday, 10-10.45am

Meet at: Turnford Brook Car Park (River Lee Country Park), Cheshunt Wash, Turnford, EN8 0LU.

Terrain: **Level footpath, access to park over railway bridge, no stairs/steps.**

Cost: **FREE**

Walk leader: **Maria**

Car parking: **Parking is currently free but there could be some changes soon.**

This is a scenic route where you can enjoy the local wildlife like muntjac, deer, birds and herons if you are lucky.

The walk terrain is flat and paved so it's ideal for all ages and slower walkers.

Please make sure to wear suitable footwear, comfortable trainers or walking boots would be ideal.

Please also bring a bottle of water to keep hydrated.

Unfortunately we are unable to allow dogs on this walk.

For more information on the walk, please contact **Maria** on **07780 652477**.

